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NO. 7

THE CALIFORNIA ECLECTIC MEDICAL JOURNAL

Incorporating

THE LOS ANGELES JOURNAL OF ELECTIC MEDICINE
AND THE CALIFORNIA MEDICAL JOURNAL
ISSUED MONTHLY

JULY, 1920

O. C. WELBOURN, A. M., M. D., Editor
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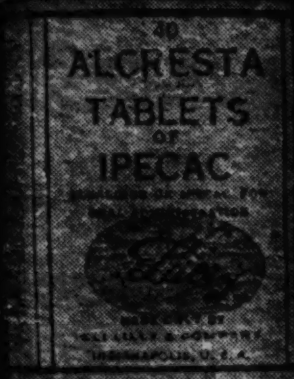
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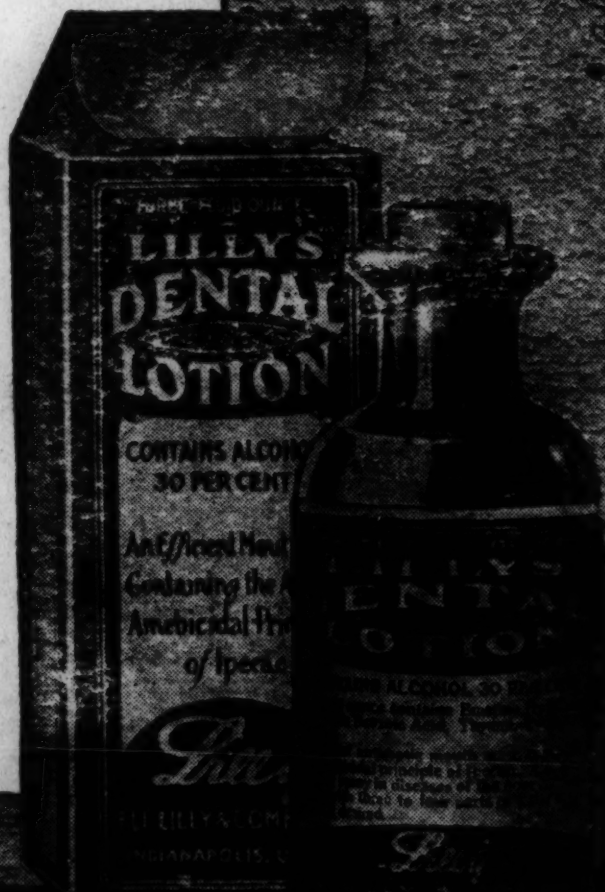


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Quotations from Doctors: No. 4

"In cervicitis and its allied conditions, the best remedial agent, in my opinion, is



"It can be applied warm, on a wool tampon and packed in the vagina against the cervix, and supported lightly with a gauze dressing, held in place with a T-bandage. Care must be taken not to pack so tightly as to prevent drainage.

"Pruritis, from vaginal irritation, is alleviated within twenty-four hours by the application of Antiphlogistine. The osmotic and hygroscopic properties of this preparation, make it one of the best means of treating pelvic congestion."

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Remedies named as most useful in INFLUENZA

Aconite	788
Gelsemium	772
Bryonia	707
Macrotys	384
Veratrum	353
Eupatorium	328
Lobelia	324
Asclepias	268
Ipecac	236

Remedies named as most useful in PNEUMONIA

Bryonia	723
Aconite	617
Veratrum	576
Lobelia	468
Ipecac	411
Asclepias	366
Gelsemium	293
Belladonna	169
Sanguinaria	134

Many physicians found it impossible to name **any** remedy as of "most importance," stating, very truly, that **each** is "most important" when its use is indicated. Others named two or more as most serviceable, giving usually the conditions under which each was used. **For example**, "Gelsemium is most frequently indicated, but where **sepsis** is marked, Echafolta or Echinacea becomes most important." A typical answer, often made, is as follows: "In nearly every case I find indications for **three** remedies—Gelsemium, Macrotys and Eupatorium." Again, "Aconite for fever, Eupatorium for bone-ache, and Macrotys for muscular soreness."

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Compound Emetic Powder	185	Onion Poultice	38
Turpentine Applications	110	Iodine Applications	14
Antiphlogistine	96	Scattering	120
Mustard Applications	72		

Under "Scattering," are included many private prescriptions, as well as such applications as "mush jacket," "flaxseed poultice," "quinine and lard," and one each of the following: "capsicum, mustard and tar," "tobacco and wheat flour," "snuff and black pepper." "Dry cupping" finds one advocate.

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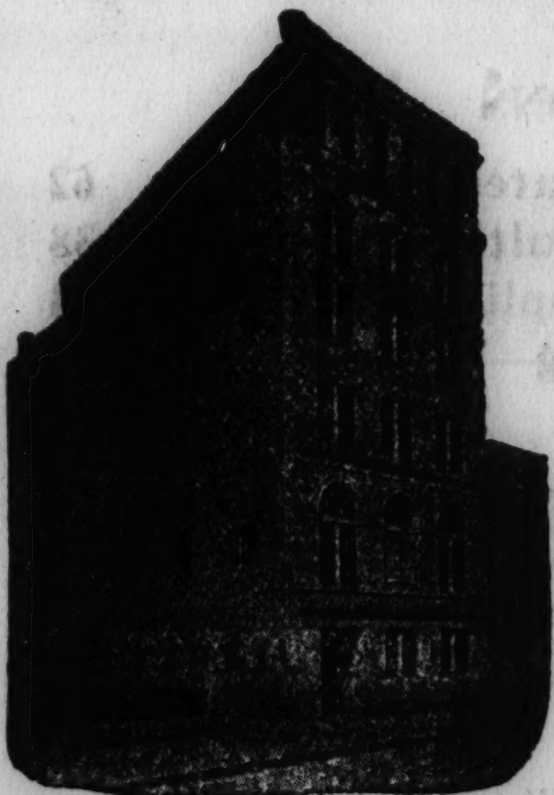
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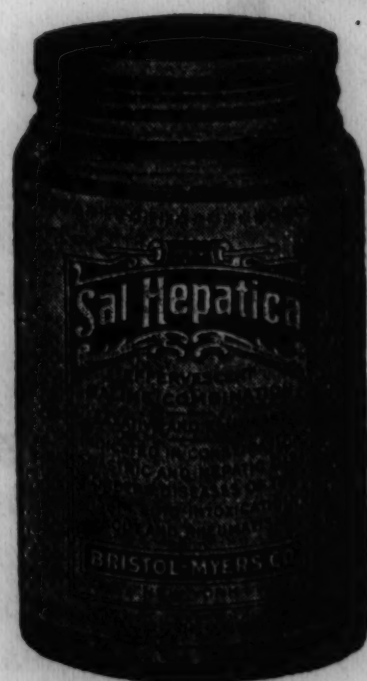
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The California Eclectic Medical Journal

Vol. XLI

JULY, 1920

No. 7

:: Original Contributions ::

THE TREATMENT OF GOITER

H. W. Hunsaker, M.D., San Francisco

(Read before the California Eclectic Medical Society)

I have selected for a subject to present to you, "The Treatment of Goiter," and will endeavor to confine my few remarks to the treatment of Simple Goiter.

It is not necessary to go into the anatomy of the thyroid gland as that is quite well understood. However, its physiology is not so clear, and in the past many theories have been advanced as to its function. In recent years the ductless glands have attracted considerable attention, and the thyroid is now generally considered as furnishing an internal secretion necessary to development, if not life, by assisting in metabolism.

We know that a diseased thyroid may impair the functioning of many or perhaps all to a degree, of the organs of the body if allowed to develop sufficiently; it seems that it should be our duty to advise early treatment.

The percentage of cures in Simple or Parenchymatous Goiter if taken early will be nearly 100 per cent, and if proved to be Cystic, Colloid, Tubercular, Syphilitic, or Malignant, it will be discovered earlier if treated early.

In the treatment of disease our first thought is to remove the cause. This might be easy and all that would be necessary to do for the patient, if we could locate the cause.

Some have claimed that Goiter was due to an unknown organism taken into the system in drinking water; it is also claimed that it is contagious in localities where it is endemic. And again we are told that it is a lack of iodine in the system, while others claim that it is a mixed bacterial invasion from the nose and throat.

McCarrison, quoted by Crotti, believes the seat of infec-

tion to be in the intestinal tract and in 100 cases where 10 grains of thymol were given night and morning the greater number were either cured or benefited, and I believe there is truth in all these stories. Being a Nose and Throat man, I usually look for diseased tonsils, adenoids, post nasal growths, etcetera; and after removing or thoroughly treating the diseased tissue—and at the same time I put them on calcidine internally and the application of 10 per cent Iodine Petrogen applied to the Goiter on the negative electrode of a galvanic current (the positive being applied to the back of the neck), for ten minutes daily. From two to six weeks of the above treatment is usually all that is necessary. When this treatment fails to accomplish the desired result, the Sheehan, Newcomb method of injection will perhaps do the work. However, as a number of deaths have been reported from injections made into the thyroid gland, I will give their technic.

"The patient is put to bed, but is allowed to get up daily for several hours to break the monotony, provided that he does not display an excessive degree of thyrotoxicosis. A strict nonanimal protein diet is ordered, and small doses of codein at frequent intervals are given. The object is to produce mental and body quiet. Colonic irrigations of 2 per cent sodium bicarbonate are given daily, as this is a powerful way of reducing the toxemia.

"Two bowel movements should be obtained daily. The patient should have plenty of rest; noon and afternoon rest is insisted upon. Plenty of alkaline water should be given. Patients with little means are advised to take plenty of water with the addition of a little sodium bicarbonate. Plenty of outdoor air and sunlight is essential. Tobacco and alcohol are prohibited. A cleansing bath should be given daily to promote perspiration.

"Meat and fish are forbidden. Milk, buttermilk and food cooked with milk should be given. No soups are to be made from meat or fish stocks. Eggs, butter, bread, rice, cereals, cooked fruit and especially fruit juices prepared out of ripe fruit, should be given.

"Of the fourteen patients with exophthalmic goiter, ten were operated on and all recovered, the results of which I attributed mostly to the preoperative treatment. Four cases of the series of fourteen proved inoperable, but the patients were greatly relieved by the injections and preoperative treatment. A careful history should be taken of all patients presenting themselves for treatment. An exhaustive examination

of the throat should be made to determine the form of goiter present, as the injections are of no avail in the Cystic or Colloid forms.

Method

"Five drops of equal parts of tincture of iodine, chemically pure phenol and glycerin are injected into the most prominent part of the gland. The needle is plunged directly into the substance of the gland, and the patient is told to swallow. If the needle is in the gland, it will have a wide, upward and downward movement during the act. If the needle is extraglandular, no such excursion of the needle will take place. Care should be taken to inject the material very slowly, as hasty injection causes great pain, which may be referred to the ears. Other times it will be referred to the jaw and sides of the neck. There is always some pain, which takes place after the fluid has been injected; but this subsides within a short time. If too much of the material is injected, alarming symptoms of acute strumitis may set in. Some patients feel weak; others may actually faint. The interval of treatment is generally five days, but the frequency of the injections will be in direct ratio to the reaction. Some may accept treatment every three or four days, others between the fifth and seventh day. It is never safe to inject more than 12 drops. After the fifth injection, one can readily determine the progress of the case. In some cases five injections suffice; in others, many more may be needed. In one case of the series of fifty-five, as many as twenty-six injections were given before a cure was effected."

When it is not advisable to send the patient to a hospital or have a nurse, I give them written instructions to follow at home and start with about 3 minims of solution to test their tolerance. The results will be the same with small doses but it will take more of them. They can be given in the office and the patient sent home with written instructions, as to bowels, diet, baths, rest, fresh air, irrigation, etcetera.

If the injection causes acute strumitis it is usually due to faulty technic—Antiphlogestine and Libradol are both useful in relieving any swelling.

All pathologic manifestations should receive prompt attention, even a cold in the head or slight indigestion.

During the past thirty years, I have treated many cases of Simple Goiter by giving iodine in some form internally, and driving it through the gland with an electric current and do not recall a single relapse.

I have offered nothing new whatever in this paper, but in these days of rapid strides in "advanced medicine," it is sometimes profitable to bring ourselves back to some old reliable treatment.

It is very much better to restore the function of a thyroid gland than to remove it and this can be done in the majority of cases if treated in time.

SOME POINTS ON THE INTERNAL SECRETIONS IN OBSTETRICS AND GYNECOLOGY

T. C. Young, M.D., Glendale, Cal.

(Read before the California Eclectic Medical Society)

It is impossible not to give consideration to the glands of internal secretion in the study and treatment of obstetrical and gynecological problems. There could not be a science of obstetrics nor a practice of gynecology without the involvement of at least one of the endocrine glands—the ovaries. These glands are the center of obstetrical practice as well as of gynecological practice, and it is absurd to believe that the endocrine aspects of these two important branches of medicine and surgery are of comparative unimportance.

In obstetrics we have made a number of advances in the past few years which involve organotherapy. First of all, we know that the posterior pituitary principle has an oxytocic and utero stimulant effect. Hence, its use in labor and under other circumstances which I do not need to refer to at the present since the subject is so thoroughly handled in hundreds of articles by various writers. We have discovered that the placenta contains within itself a galactagogue hormone, and that it may be used as an exceptionally fine milk stimulant in nursing mothers. It is also the means of antagonizing those conditions which favor vomiting of pregnancy which it seems may be due to anaphylaxis of protein sensitization to certain of the protein products of the newly forming placenta. It is possible to administer placenta substance to those suffering from severe hyperemesis, and thereby to facilitate the production of a tolerance to these placental toxins thereby reducing the vomiting and causing much benefit. Bandler of New York City has discovered a relationship between this principle and the frequency of abortion in certain women, and he now uses placental extract as a means of controlling this unfortunate

tendency and preventing abortion of a functional type, that is abortion not due to any mechanical or anatomical disturbance.

It is difficult not to give consideration to the thyroid gland as an important organ in the female economy, and its importance is by no means limited to its influence upon the general chemistry. It is the regulator of ovarian development as well as its monthly menstrual activity, and therefore the study of the thyroid gland is extremely important, and the treatment of hidden thyroid disorders so necessary in the treatment of all conditions of this type.

One of these concerns the attempt of the thyroid gland vicariously to make up for the ovarian insufficiency which is physiologic during pregnancy. The thyroid gland becomes somewhat enlarged and over-active in the well meant attempt to make up for the ovaries, and as a result of this there is a tendency to dysthyroidism which has to be given consideration in many cases, especially in primiparae.

In gynecology, on the other hand, the thyroid is perhaps equally important with the ovaries. Certainly one-half of all the numerous cases of amenorrhea, asexualism, dysmenorrhea and functional ovarian insufficiencies have an equally well defined thyroid element, and as Oliver Osborn of Yale University has said, the thyroid equally with the ovaries is one of the female organs of reproduction. As a matter of fact, the same thing is true of the pituitary gland for it is well known that pituitary insufficiency, especially of the Froehlich type, brings on the dystrophy which involves asexualism, atrophy of the sex organs and the well known obesity.

The care of considering these commonly associated glandular dystrophies has been emphasized by Harrower who believes in treating them simultaneously instead of giving corpus luteum or ovarian substance alone.

Ovarian irritability with the resulting evidences of pelvic congestion, menorrhagia and sexual irritability are now being treated by administration of mammary substance which is known both physiologically and in clinical medicine to antagonize hyperovarism. One of the most remarkable things that has been developed in the last few years has been the advantage of mammary therapy as a means of controlling flooding, not merely in menstrual, flooding but in the hemorrhages due to uterine fibroids and other more serious uterine conditions. Still another important phase of endeavor along these lines concerns the treatment of sterility by means of modifying a

fundamental endocrine disturbance which may be at the bottom of this condition. It has been determined many times that the thyroid gland is connected with ovarian activity, hence, a sterility cannot be properly studied unless we give consideration to this phase of it. The same thing applies to the pituitary gland and therefore the experimental organo-therapeutic treatment of sterility sometimes accomplishes the desired end more satisfactorily than all of the other methods put together, because if there is an endocrine basis to a given condition, and in place of treatment directed at the disturbed glands we operate upon the patient, or we make changes in the vaginal secretions or flora and ignore the fundamental stimulating factors, we are naturally to fail in our efforts.

Sterility as well as asexualism is intimately associated with amenorrhea, and all three of these conditions are undoubtedly of a character to be modified by organotherapy directed at the thyroid, pituitary and ovaries especially.

A very interesting phase of study which connects the glands of internal secretion with certain nervous diseases may be mentioned. Epilepsy in women or young girls that is associated with disturbed ovarian function sometimes is cured entirely by taking care of the dysovarism. In other words, if an ovarian insufficiency or dysfunction is present and this is treated by means of suitable hygiene, local treatment and organotherapy, the epilepsy which may be dependent quite largely upon this disturbance in the balance between these glands disappears as soon as the disturbance is regulated. Unfortunately, it does not seem possible to determine in advance whether the ovaries element in epilepsy is present or prominent, but experimental organotherapy has many times established the endocrine causation of epilepsy and at the same time has reduced the number or lessened the severity of the attacks, and in some instances has caused a disappearance entirely.

Another important phase of the relation of the glands of internal secretion to gynecology concerns the common influence of infection upon adrenal function. Endometritis, cervicitis and pelvic infections generally as well as, for that matter, any other infection causes an increase in the toxicity of the blood and this stimulates the adrenal glands naturally. This over stimulation sometimes causes high blood pressure due to increased activity of the pressor mechanism of the glands. Later on when the glands have been over stimulated

for some time they play out and the result is hypoadrenia with marked muscular asthenia, circulatory insufficiency, low blood pressure, poor elimination of wastes and general cellular laziness. The number of these patients is 1, and it is impossible to give consideration to the clinical logical aspects of these cases without also considering the fundamental disturbance in the endocrine balance. This explains why adrenal support is a useful adjunct in the treatment of many functional clinicological conditions.

PREGNANCY COMPLICATED WITH TYPHOID FEVER

J. P. Harvill, M.D., Nashville, Tenn.

This subject has more than a passing interest to me, for two reasons, viz., I practiced medicine sixteen years without observing this complication, and the seventeenth year I had two cases which were successfully terminated.

Typhoid fever occurs with greatest relative frequency during the early months of gestation, and it is, indeed, very rare at the puerperium. With the exception of smallpox and cholera, the tendency to interruption of pregnancy is more marked with this disease than any of the infectious diseases. Abortion rather than premature labor is observed. Out of eighty-eight cases collected by Kaminski, interruption of pregnancy took place in sixty-three. One other author reports fourteen out of twenty-four, while still another reports six out of ten. This makes about 65 per cent. of interruptions with these observers.

The abortion or premature labor can be caused by either the extremely high temperatures, from the toxemia or hemorrhagic endometritis. The interruption in the early months of pregnancy is looked upon as being much more favorable; if at or near the puerperium, much less favorable.

Report of Cases

On July 12, 1907, I was called to see Mrs. H., aged nineteen, primipara, and received the following history of her case: She was about eight months advanced in pregnancy, and had taken typhoid fever twelve days previously; she had a severe diarrhea, with bowels distended and tympanitic, carrying a temperature of 102° to 105°; tongue very dry, red and pointed. Patient was sent to the hospital immediately

(this being the twelfth day of the disease). She was made fairly comfortable until the fourteenth day (the second day after she came). About 8 a. m. labor began. She was having pains every forty minutes, which seemed to exhaust her very much. About 2 p. m. the pains were about twenty minutes apart and very effectual. The first stage of labor lasted about six hours. The second stage lasted forty minutes. At the end of the second stage the patient collapsed, temperature falling from 103.6° to 97° . Patient became very cyanotic—almost black over the entire body. One-twentieth grain of strychnine was given and normal salt solution, with other stimulants, and the patient soon rallied. The after-birth being delivered, the patient made an uneventful recovery. The fever broke on the twenty-first day of the disease.

One peculiarity noticed was that the child had all the symptoms of typhoid fever for seven days; bowels distended, with temperature ranging from 100° to 102° . Nothing but the mother's milk was given for nourishment. The child and mother are both living and healthy, after nearly two years.

On January 1, I was called to see Mrs. M., aged twenty-one, multipara. All the prodromal symptoms of typhoid fever were present, and the patient was four and a half months in gestation. On the sixth day the characteristic rash appeared almost all over the body. She had a typical case of typhoid fever, with the exception of being constipated throughout the course of the disease. Three or four times the patient was threatened with miscarriage. Each time this was controlled by giving fifteen drops of black haw every hour. She made a nice recovery, fever leaving on the twenty-eighth day. Patient was readmitted to hospital in May, and gave birth to a child on the 10th. The child seemed in every way a normal, healthy child, and the mother made a nice recovery.

In both these cases echinacea was my antiseptic.

THERAPEUTIC METHODS

Lyman Watkins, M.D., Blanchester, Ohio

There are many therapeutic methods, and it may be conceded that there is more or less virtue in all of them, for they are based upon an innate principle of help for the sick which has prevailed since the beginning of the age. They for the most part consist in taking up some one feature of cure, and, by its elaboration, excluding all others.

Christian Science has its followers and its successes. Generally, those who are benefited have no organic lesion, but are functionally awry in the nervous system, and are those in whom mental beneficial changes can be induced through the influence of other and stronger minds. But Christian Science does not cover all the ground of psychotherapy, for it is not only the Christian who can heal; his antithesis may do as well.

Healing by mental impression is the oldest form of practice known, and in the "most ancient of days" many were cured by supplication to birds, beasts, the heavenly constellations, and to idols.

The underlying principle of psychotherapy is suggestion, and it must be admitted that the mental attitude of the patient, if favorable, will assist in his recovery; his co-operation is of value. However, we must not forget that the patient's confidence is not always necessary. A fracture can be mended or a wound healed whatever be the mental attitude of the patient towards his physician. Faith will not heal a gun-shot wound nor delay its healing. The contagia proceed upon the established course, regardless of mental concepts.

While admitting the influence of the mind upon the body, we must not overlook the fact that bodily conditions have a correspondingly powerful effect upon the mind. A disordered stomach and liver may change the aspect of the world for the patient. A painful corn will distract the brightest intellect, and it is difficult to preserve a calm and retrospective attitude of mind when suffering from acute neuralgia.

Inherited abnormalities and acquired pathological conditions go far to influence mentality. We see this exemplified in individuals with adenoids, nasal defects, dental wrongs and visual aberrations. A correction of these troubles saves many from stupidity or criminality.

It is evident that those who become absorbed in the subject of mental impressions and their influence over the body lose sight of the equally obvious fact that bodily conditions also influence mentality.

Psychotherapy is a great science, and at times works remarkable cures, but its devotees limit their usefulness by ignoring all else in the medical armamentarium, for while we cannot eliminate the psychic element in practice, let us not overestimate.

Electrotherapy has in recent years developed a usefulness beyond expectation, and those who become expert in its manipulation are ready to assert that most human ills can be thus

remedied. There is no doubt but that the electric current, controlled by intelligence, has given amazing results in the scientific world, and it is also quite evident that some forms of bodily derangement can be relieved or cured by the judicious application of this mysterious force. We would not in any way attempt to dampen the enthusiasm of those who make what seems to be extravagant claims in regard to the therapeutic possibilities of electricity, but while granting a full measure of usefulness to this form of healing, we cannot admit that it covers the entire grounds of therapy.

Hydrotherapy, thermotherapy, mechanotherapy, osteopathy, dietetics, and all forms of drugless treatment, have their places. Serotherapy has its triumphs and Fletcher his followers. Time would fail me to discuss all the good points of these various forms of healing. They are all useful at times, and most of them, in one way and another, are taken advantage of by the general practitioner. They are, however, but parts of a complete system of medicine, and neither constitutes the whole. It is characteristic of those who become wedded to any one of these special methods of cure to regard all else as of little moment, and we frequently find that one specialist has no use for the ideas of another working along different lines.

While willing to concede virtue in drugless methods of cure, and being loth to dispense with any of them, yet we can see that a judicious combination of them all will accomplish more than either one alone, and there is really no necessity for conflict between them.

But, however excellent drugless healing may be, we cannot grant that in any or all of its forms it is sufficient for the cure of disease in its entirety. We believe there is also a place for drug therapy in the rectification of pathological conditions. The assertions that drugs are always harmful and never beneficial; that too much medicine is given; that the results of drug-giving are uncertain, largely guesswork and the product of an active imagination, do not coincide with the experience of many qualified men both of the past and present.

There is, however, some truth in all the above statements. That drugs are sometimes harmful, is true. Metchnikoff asserts that no drug was ever given that did not injure cell protoplasm. But cell protoplasm is incessantly being injured and destroyed in the body. Wherever there is function there is cell destruction, and the continued existence of the body depends not so much upon the resistance of cell protoplasm to injury as upon its power to replace that which is destroyed. Cellular death is necessary to somatic life. A dose of castor

oil may destroy cell protoplasm, but the resulting good far overcomes the harm done. The surgeon destroys cell protoplasm very largely at times, but the saving of the patient's life by such destruction justifies the operation. So if drugs do temporarily injure or even destroy cell protoplasm, the benefits accruing more than compensate. Metchnikoff's claims are a myth. He could just as well truly have said that every morsel of food taken into the stomach destroys cell protoplasm.

In regard to the second proposition, we are willing to agree that too much medicine has been given, is being taken. Perhaps too much is administered by physicians, and it is a fact that the public generally takes too much medicine. The fortunes piled up by patent medicine fakers are sufficient evidence of this.

Much of the medical nihilism of today is due to the indiscriminate use of drugs without judgment or reason. The assertion that drug medication is harmful and the results largely imaginary, is no doubt true in many instances. Uncertain and careless medication can never be anything else. We fully understand and sympathize with the physician who leaves his alma mater without a knowledge of drug medication. He is like an infant crying in the dark, lost and helpless in trying situations. This confusion and lack of resource is due to the absence of a therapeutic education, and medical nihilism will prevail until intelligent teaching dissipates it.

In the ranks of those who have been taught therapy in Eclectic schools there is a notable absence of perplexity and uncertainty in regard to drug action. The underlying principle of all science—namely, that, other things being equal, like results follow like causes—is the foundation of specific medication, and, this being true, we have a scientific groundwork that places drug therapeutics upon a solid basis. Uncertainty vanishes and the results are sure, effective and entirely independent of the imagination.

The present confusion in some directions in regard to drug therapeutics need not exist, does not hold, when the matter is fully understood. But study and observation are necessary, and, in addition, reliable remedies are essential. With an understanding of the principles of specific medication and with dependable drugs the study and uses of medicine is a most comfortable occupation, effective and even at times fascinating. What profound satisfaction and elation it gives us to see the forces of disease retire before skilled medication! With what content and confidence we await the recovery of our

patient, and how pleasant the results! It is gratifying to observe the efficacy of our drugs in those racked with pain, in the sufferer shaken with fever and in the depressed and troubled.

The man of medicine goes on his way quietly, without ostentation, carrying comfort and healing with him; easing pain, subduing fever, and saving life, a blessing to his community; willingly giving up his own plans and pleasures and unselfishly devoting his life to his profession. How can it be said of him that he does more harm than good, and that his results are largely imaginary? The good following proper use of remedies cannot be overestimated.

First, let the narrow-minded and self-conceited nihilist excel the general practitioner in cures and good works. Let him sit by the bedside and bring ease to the agonized sufferer. Let him quiet the restless and subdue the raging fever. Let him safely pilot through the breakers his cases of typhoid, of pneumonia, of the contagia. Let him show us thousands of cases restored to health without medicine. Then we will be ready to subscribe to his creed.

To administer remedies aright requires study and discrimination. Once learned, however, we are as secure upon our premises as are those whose trust is based upon any fundamental law. The confidence with which we can approach disease cannot be excelled. We know what to do and how to do it. The very spirit of the undertaking inspires confidence in our patients. Our remedies, with their indications well learned, become instruments of precision in our hands, and we can be as accurate with them as the marksman with his rifle or the workman with his dies. True, there is much to learn, but we have already learned enough to know that nothing can surpass direct medication in the cure of disease; also that indications once learned do not change and can be relied upon. We feel at home with our remedies, do not doubt them, do not fear them, and can accomplish results with them. We have many drugs already established and are adding to them others. This is a large field, and will require years of investigation, but it is a pleasant and profitable pursuit.

The individual who attempts to practice medicine while declaring that medicines are useless and harmful has no right to append M.D. to his name. He is a fraud and is sailing under false colors. He is not a doctor of medicine, and should not attempt to conceal himself under the panoply of the profession. A physician's practice would be limited if it were generally understood that he gave no medicine,

The practice of medicine would be a barren and unproductive field with medicine eliminated. Then let those who decry the efficacy of drugs go their way. Let them turn from the bright and flowery path of medication and wander in the desert of nihilism. But never will the true Eclectic abandon his materia medica for the bleak and inhospitable sands of hopeless agnosticism.

Walk a mile each day to keep the doctor away, advises the United States Public Health Service. Try walking to work every morning and see if it doesn't make you younger and healthier.

Cattle are fattened for slaughter by being overfed and not allowed to exercise. Many men and women prepare themselves for slaughter by voluntarily adopting the "stall fed life," says the United States Public Health Service. Don't overeat and take plenty of healthful, outdoor exercise.

Hot house people are like hot house plants. They can't stand exposure to severe weather, says the United States Public Health Service. Sleep with the windows open and keep every room well ventilated.

This is the scarlet fever season, warns the United States Public Health Service. A clean, sanitary mouth will help to prevent it. Compel the children to brush their teeth regularly and keep the mouth clean.

Beware bootleg liquor, warns the United States Public Health Service, for much of it contains wood alcohol and other poisons. An ordinary swallow of wood alcohol may produce death or blindness. **DON'T RISK IT.**

Every sore throat is a danger signal, says the United States Public Health Service, and may indicate some acute, infectious disease, such as diphtheria or scarlet fever. Take no chances. Have a physician make an immediate examination. A few hours delay may cause death.

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BUBONIC PLAGUE

During the epidemic of bubonic plague in Honolulu the writer had considerable experience with this disease, both in its clinical and prophylactic aspects. Later in the orient a wider field of observation was available. Altogether he learned much that was accurate information; though at that time the cause of the disease and its mode of infection were unknown. It was thought to be closely attached to the victim himself and limited to his place of abode. As a result it was the accepted practice in Honolulu to burn the residence of the plague victim, and first and last a large part of the people were "burned out." In the orient bubonic plague was considered by the natives to be a dispensation of Providence and the praise or blame was ascribed to whatever gods were in use by the particular community afflicted. As the disease rarely attacked Caucasians they were not so vitally interested and gave the matter but casual notice. Probably this indifference would have been manifest in Honolulu also, had it not been that the population was uniformly attacked, regardless of race, color or previous condition of servitude. The oriental is

quite a fatalist by both birth and education and departs this life much more willingly than the occidental. In some measure this is due to the fact that with many life is a great hardship and that it is more pleasant to die from the bubonic plague than it is from starvation. This indifference upon the part of the native, together with religious and social customs which are exceedingly complicated, make it very difficult to enforce efficiently prophylactic measures calculated to suppress the disease. Therefore it seems probable that our efforts will be successful only in so far as we endeavor to protect our own people. From time to time bubonic plague has appeared in the United States, and it so happens that the present is one of those times. Owing to much traveling about of our people sporadic cases of the disease may appear anywhere and it behooves the profession to see to it that the disease does not become epidemic. The following brief resume may not come amiss.

Bubonic plague is an acute infectious fever caused by bacillus pestis. There are two clinical types—the pneumonic and the bubonic. In the former the bacillus is found in the sputum and is transmitted through this agent. In the latter the bacillus is found in the lymphatics and is transmitted through the agency of a flea which has contracted the disease by feeding upon the blood of rodents or human beings who have the disease. The usual origin is through the medium of rats.

Both types of the disease may be found in a mild or virulent form. The mild types are impossible of clinical diagnosis—pneumonic being similar to many other mild respiratory infections and the bubonic being similar to many other mild forms of adenitis. Suspicious cases should have the sputum or fluid aspirated from the bubo examined by a competent bacteriologist. In the virulent type we find an acute septic disease with a very high mortality rate. A glance at the patient shows a grave condition. There may have been a chill, there is certainly a high temperature. The patient is unconscious or delirious. The pneumonic type is obvious—the bubonic type is revealed by an inspection of the lymphatic glands usually the inguinal. In sporadic cases the aid of a bacteriologist is necessary. In an epidemic such support is not needed. No specific treatment is known.

The mortality rate is very high. Isolation of the patients and extinction of rodents and fleas will break an epidemic. This suggests a line of procedure which is difficult to follow and more difficult to enforce. However, in this country it should be possible—for are we not a civilized people?

BLOOD PRESSURE

Any great and permanent deviation from the normal blood pressure is one of nature's signs that something is wrong. It should, however, be borne in mind that such deviations are only a symptom and not a disease—a symptom of an accumulation of certain toxins in the system. The logical method of treatment therefore is an elimination of the causative toxins.

That remedy which fits the totality of the symptoms possessed by the patient is most likely to have a favorable influence upon the blood pressure. A change in blood pressure from the abnormal towards the normal is often among the early symptoms of improvement. Hence the importance of the physician taking the blood pressure on beginning treatment in every chronic case. However, it should be remembered that blood pressure is affected by food, exertion, worry and excitement, and by position of the patient—whether that of standing, sitting, or a recumbent one, and these factors should always be considered when taking the blood pressure. It becomes a valuable guide in estimating the efficacy of his treatment. Not infrequently the patient will report "no improvement noticed," but a determination of the blood pressure will often reveal that there has been improvement.

Low Blood Pressure

We hear a good deal said about high blood pressure and we would not say that too much consideration was given to it, but we think that not enough attention is given to low blood pressure, which we regard as an index of a subnormal condition, physically and not infrequently mentally.

High Blood Pressure

When considering the subject of high blood pressure, many important elements must enter into our calculations if we hope to reach anything like a definite stage in our reasoning. First of all, the high arterial tension must be regarded as a symptom which has some pathological condition as its causative factor; of itself it is rarely, if ever, the causative factor in producing conditions we find in high blood pressure patients.

The primal cause undoubtedly lies in the blood itself—some existing toxic substance that irritates the vaso-constrictors and induces a contraction of the arterioles, thus requiring the heart to increase its energies to force the blood through the narrowing tubes.

To find the source of these toxins is our first duty, and here we often find our greatest problem. It means a system-

atic search for fecal collections, pus foci, not merely in the teeth and tonsils but in all parts of the body. Too often kidney disease is assumed to be the causative factor, the source of the arterial obstruction, when it is these undefined toxins that are responsible for the diseased kidneys.

Whenever we locate the source of these toxic substances the remedy indicated is Normal Veratrum Viride, in two-drop doses every two hours. This corrective agent not only relaxes vascular tension but stimulates the excretion of toxins by the liver, kidneys and skin.

The fact must not be overlooked that the viscosity of the blood plays an important part in producing high blood pressure. The blood is naturally a viscid fluid, and in proportion to the degree of viscosity it contains the friction upon the walls of the arteries will call for increased vigor in the heart action, so that the blood supply can be carried to all parts of the body. Nature shows her marvelous aptitude to meet conditions by hardening the walls of the arteries and making them less dilatable, in this manner providing less resistance to the necessary propulsion of blood throughout the circulatory system.

Putrefactive and fermentative changes in the intestinal canal often cause increased viscosity of the blood, and excessive smoking is also a well-recognized cause of this condition. Naturally the degree of viscosity should be reduced in order to lessen the work of the heart, and the citrates and citric acid are very efficient remedies to employ for this purpose. Lemon juice is also an excellent means of overcoming excessive viscosity. On the other hand, chloride of sodium (common salt) and the other chlorides increase viscosity and should be used with caution. **The use of Epsom salts to flush the bowels also comes under the ban of condemnation.** Water should be drunk in liberal quantities and a diet of fruits and such vegetables as lettuce and celery advised. Meats should be eaten very sparingly.

The importance of reducing the excessive viscosity of the blood is apparent when we realize the tendency in this condition to block the capillary circulation. Indeed there may be said to be a dual tendency—one to rupture the small and weak-walled vessels by the required increase of the blood pressure, producing apoplexy, and the other to express the aqueous portion of the blood into the tissues, thus laying the foundation for dropsical conditions.

We have endeavored to show that arteriosclerosis is very

often a result of high blood pressure, and not the cause of this condition. It is a part of Nature's plan to keep the body supplied with a sufficient quantity of blood to nourish and sustain the vital functions upon which healthy conditions depend. Normal blood pressure requires arterial walls of only normal rigidity, but when, through excessive viscosity of the blood or other causes, a higher pressure is necessary to maintain the efficiency of the circulatory system, Nature must strengthen the walls of the arteries, thicken and harden them, which she accomplishes through the process of contraction and by the addition of calcareous and other deposits.

The logical method of treatment is to strive for a correction of the original fault, which assuredly lies in the accumulation of certain toxins. To adopt a course of treatment with the sole purpose in view of decreasing the vigorous work of the heart is committing a grave mistake; because whenever we lessen the proper supply of blood needed to maintain complete functional activity in the body, we are inviting disaster, which is sure to result in an utter collapse of the human machine.

Elimination of the caustive toxins, and regulation of the heart action to conform with slowly changing conditions brought about by the treatment, is practically the one safe system of medication. Proper diet is also a useful feature of the treatment, and climatic conditions are not to be overlooked. The dense atmosphere of the valley regions is far better for this class of patients than the dry atmosphere of higher altitudes. The patient should be instructed to drink plenty of water and to avoid, so far as possible, spending too much time in dry, hot, furnace-heated rooms. Too much physical or mental work should be condemned, as it adds a burden upon the heart, but mild exercise is permissible, except in aggravated cases. A good general treatment will be found in the following formula, which represents the dose, to be given every three hours in half a glass of water:

Normal Veratrum Viride	1 minim
Normal Phytolacca	1 minim
Normal Stillingia	2 minims
Normal Echinacea	10 minims

The nitrate of sodium has found favor with a great many physicians in the treatment of high blood pressure, and when combined with certain heart stabilizers yields very efficient service as a means of relieving symptoms.

The use of heart stimulants to drive the heart to greater exertion is to be condemned, and for this reason *Crataegus Oxyacantha*, which is a reliable heart sedative and regulator, is employed, to which is added the stabilizing influence of minute doses of nitro-glycerin—Editorial, North American Journal of Homeopathy.

NEW TREATMENT FOR LEPROSY APPARENTLY SUCCESSFUL

The United States Public Health Service has reports of what appears to be a cure for leprosy, it was announced by Surgeon General Hugh S. Cumming yesterday.

Thus one of the world's most dreaded maladies, regarded as a hopeless and incurable scourge of humanity since early history, would seem to have been conquered by officers of the Public Health Service in the leper colony in the Hawaiian Islands.

For some years the belief has been gaining ground that leprosy could be cured, and encouraging progress was made by several investigators. The starting point for this study was the observation that now and then the course of the disease appeared to be favorably influenced by treatment with chaulmoogra oil. The treatment, however, was attended with many difficulties and could not be carried out in all cases. At this point the Public Health Service enlisted the cooperation of Pro. L. E. Dean, head of the chemical department of the College of Hawaii, and president of that institution, suggesting that attempts be made either to isolate the active constituent of this drug, or to devise means for making its continued administration feasible. The latter has been accomplished by preparing what is known as an "ethyl ester" from the Chaulmoogra oil. The treatment has been carried on at the Leprosy Investigation Station at Kalihi, Hawaii, the work being directed by Dr. J. T. McDonald, director of the station. The results of the treatment thus far have been so satisfactory that lepers come willingly for treatment, a recent inspection by Hawaiian health authorities failing to disclose a single secreted case of leprosy. Following a course of treatment, extending over about a year, 48 lepers, treated according to the new method, were paroled in October, 1919. Up to now they have remained free from disease. At the present time the treatment has been administered only at the receiving station, but it is hoped to provide facilities for the treating also of lepers in the leper colony at Molokai.

Surgeon General Cumming's announcement relates to lepers who have been treated by the new method and have been under observation for a considerable period. Moreover, the decision as to apparent cure has, in the case of each patient, been officially determined, not by officers of the Public Health Service, but by a special parole board, which alone has authority to discharge a patient from custody.

The Public Health Service is now conducting a very careful study of the treatment, making detailed records of all the cases and taking photographs of the lesions once a month. Details concerning the treatment will be published in the near future.

ENURESIS

Bed-wetting is a trying enough condition in the case of the individual child in the home, but in an institution caring for a great many it becomes quite a serious problem when present in a large proportion of the children. Formerly, whether occurring in the home or in an institution, the condition called for disciplinary measures, on the assumption that the child was wholly responsible. At present, however, it is the consensus of opinion that enuresis is entirely a medical problem, not within the individual will of the child to prevent, nor influenced by punitive measures. Even when no definite pathological condition is found to account for the local manifestation, it is apparent that enuresis often accompanies an inferior mental or physical constitution. It is perhaps very common in the precocious but nervous child in whom the degree of mental precocity would seem to rule out wilful bed-wetting. However, the irritability of the nervous system in children of this type causes an undue reaction to any stimulus, and they have little control over any of their functions. Of course, there are tangible local conditions that cause incontinence in the bladder, but these do not constitute the problem of bed-wetting. On the other hand, as a purely local condition but which must cause the great majority of cases of enuresis, anomalies of the foreskin of male children and adhesion of the rudimentary one in female children hold the first place. When this is recognized as the etiological factor, circumcision seems to cure about 80 per cent of these cases. There is now no longer any doubt that circumcision in the male child is a prophylactic measure of greatest importance not only in the prevention of this condition but in the prevention of many bad habits. As a therapeutic measure in many, backward children who display no basis for mental deficiency, it can be

compared with operations for the relief of obstructions to respiration. But although these physical and nervous conditions are the basis for the bed-wetting habit, there are many exciting causes that need attention in order to prevent the attack or as after care in cases having received the active treatment indicated. Any circumstance which encourages relaxation of the sphinctors during sleep encourages bed-wetting. Sleeping in an overheated room, in an overwarm bed, or on or under a feather bed is likely to cause bed-wetting in a child so inclined. Also a child of this type sleeping with an overfilled bladder will soon lose the power of resistance of the compressor muscle, especially since he already has poor control over it. It is for this reason that fluids of any kind must be interdicted to such a child after about 6 o'clock. And it goes without saying that the awakening of the child during the night to empty its bladder will prevent the annoyance of the bed-wetting until such time as the appropriate therapeutics makes this unnecessary. Drugs usually given in this condition seem of doubtful value, except such as are tonics to the entire organism. Unless the medical point of view is accepted in relation to the cause of enuresis, and treatment is instituted accordingly, little improvement can be expected. On the contrary, the punitive measures usually adopted can but aggravate the condition.—N. Y. M. R.

RELIEF TO DISABLED MEN

"Relief to Disabled Men through the United States Public Health Service" is one of a series of pamphlets published by the Office of the Assistant to the Secretary of War, which will be of great interest to medical men generally throughout the country. It gives the Government's position with reference to treatment for former soldiers and sailors who are in need of medical attention because of war injuries or disease contracted in the service.

Under Public Act 326, the United States Public Health Service will furnish relief to any honorably discharged soldier, sailor or marine, or Army or Navy nurse (male or female) who was discharged on or after October 6, 1917, and become disabled or ill on account of illness or injury incurred previous to discharge from service, and not due to misconduct.

By applying to the Commanding Officer of an Army hospital, those who come under the act may enter the institution; or by applying to a Public Health Service official, they may enter a Public Health Service hospital. In both cases accepted applicants will have all proper expenses paid, but un-

less authority is obtained from one of these officials, the Government will not pay for medical treatment. Public Health Service hospitals are located in a number of cities throughout the country.

In a bulletin, Lieutenant Colonel Mathew C. Smith, General Staff, in charge of the employment and the general welfare of ex-service men, says:

"Although the welfare bodies and others have been co-operating with the War Department in an effort properly to inform all these persons who are entitled to medical or surgical treatment, many are still unaware of their rights. These men incurred their disabilities while in the service of our country, and it is the intention of the Government that they shall not become wards of the public. The co-operation of all medical men is requested in this matter. Physicians and surgeons are notified that former soldiers or sailors suffering from disabilities resulting from war conditions may be directed to the local Red Cross or United States Public Health Service representative, or to the nearest Army hospital."

If discharge or other papers showing that the disability was existing at the time of separation from service are available, they should be taken along, as they will be of help in making a decision on the case. However, if these papers are not available the man should not hesitate to apply. Such an applicant, if his condition demands it, will be immediately placed under treatment pending the receipt of the necessary papers.

If there is no representative of the Health Service in the ex-service man's home town and no Army hospital at hand, and it is possible for him to travel, such traveling expenses, hospital expenses and wages lost while undergoing examination will be paid by the Government, should it be decided that treatment is necessary.

On the other hand, if the physical condition of the man makes it impossible for him to travel, the Public Health Service will arrange for his examination and treatment at his home. In special cases where it is found that a change of climate will be beneficial patients will be sent by the Public Health Service to specially designated hospitals.

Copies of the pamphlet explaining the law may be secured without charge by any physician on application to the Office of the Assistant to the Secretary of War, Service and Information Branch, Council of National Defense Building, Washington, D. C. It has already been distributed to all Army and Navy hospitals, state and city health officers, and United States Health Service stations.

"After That Attack of Influenza"

The constantly growing number of patients who have never completely recovered from an attack of influenza or pneumonia, emphasize the great importance of giving the utmost care and attention to the stage of convalescence. Every function needs to be supported and stimulated, and the nutrition of the whole body restored as near to the normal as possible. In

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The various Eclectic publishers have decided to renew their special club offers to December 1, 1920, on a straight 10 per cent reduction, where two or more journals are ordered at one time. If you are not familiar with any of these journals, samples may be obtained on request.

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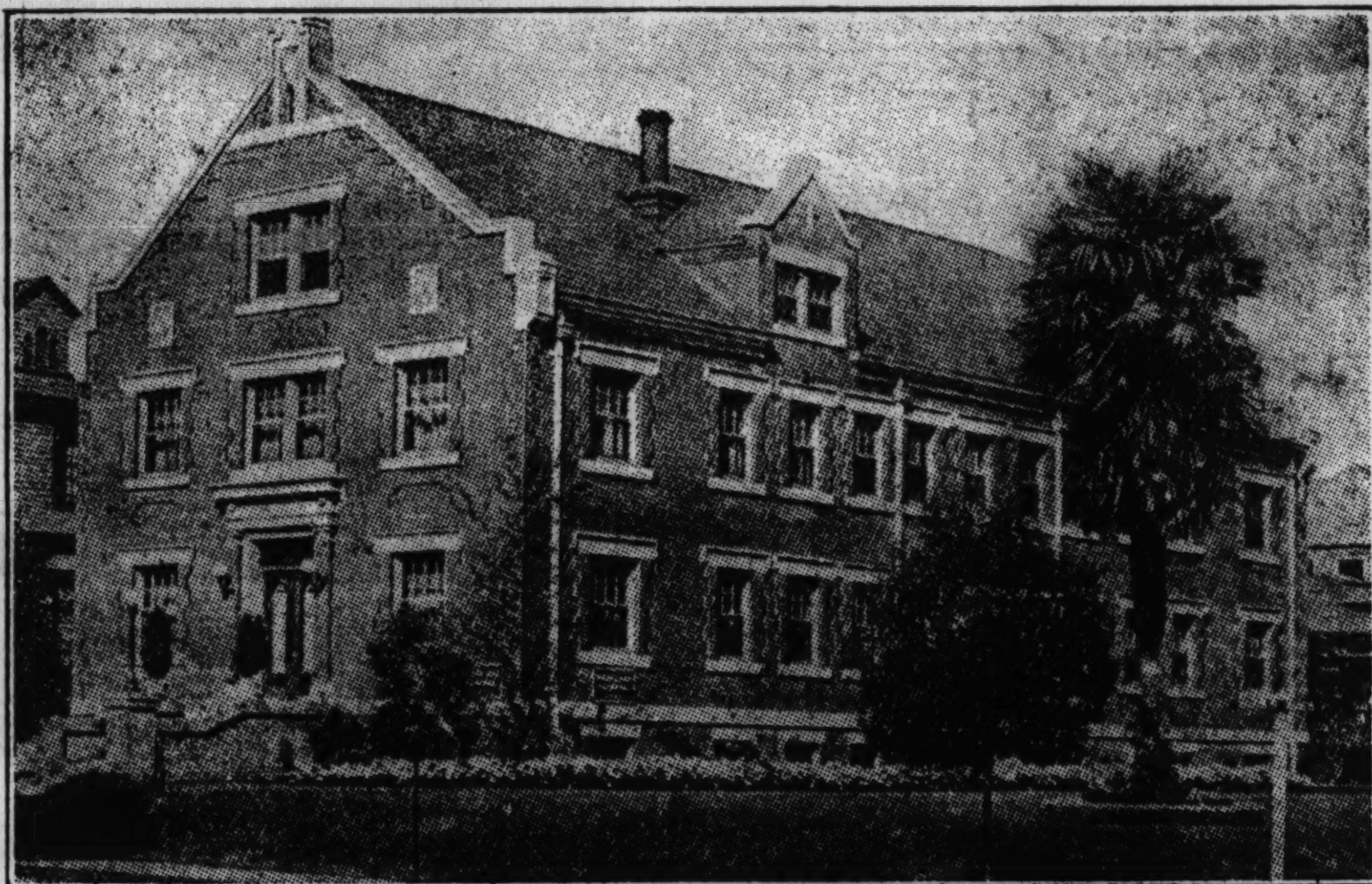
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Table of Contents

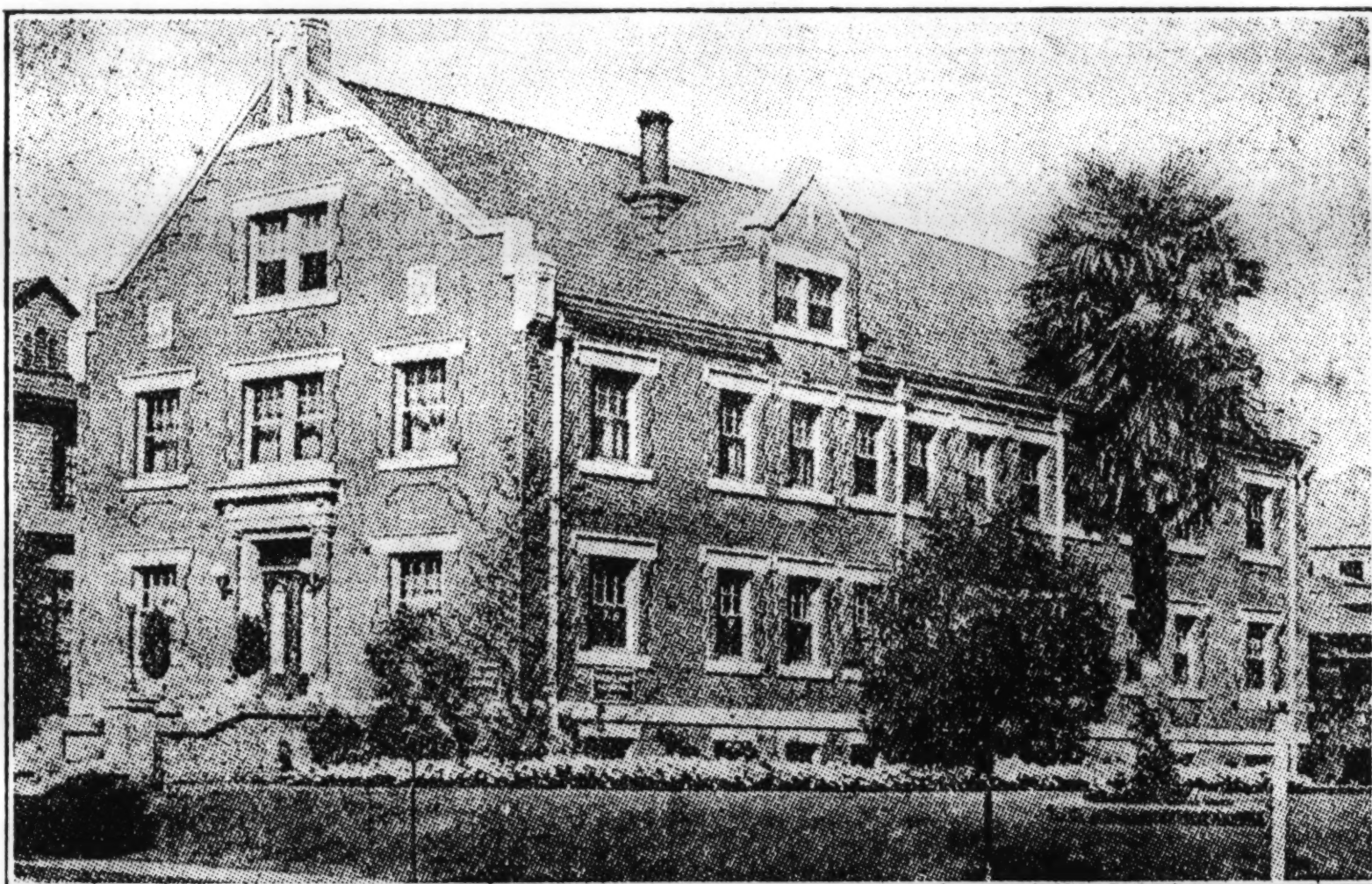
	Page
ORIGINAL CONTRIBUTIONS:	
The Treatment of Goiter...H. W. Hunsaker, M. D.	149
Some Points on the Internal Secretions in Obstetrics and Gynecology.....T. C. Young, M. D.	152
Pregnancy Complicated with Typhoid Fever.....J. P. Harvill, M. D.	155
Therapeutic Methods.....Lyman Watkins,	156
EDITORIAL:	
Bubonic Plague.....	162
SELECTIONS:	
Blood Pressure.....	164
New Treatment of Leprosy Apparently Successful..	167
Enuresis	168
Relief to Disabled Men.....	169

INDEX TO ADVERTISERS

American Apothecaries Co.....viii	Kress & Owen Co.....vii
Antiphlogistine, Denver Chem. Co....i	Lloyd Bros.ii
Battie & Co.....vi	Lloyd Bros.ii
Bristol-Myers Co.v	National, Wm. N. Mundy, Editor...xii
Chicago Pharmacal Co.....xi	Od Chemical Co.....xii
Dad Chemical Co.....xii	Peacock Chemical Co.....v
Dickinson Drug Co.....v	Pacific Surgical Mfg. Co.....xiii
John B. Daniel.....iv	Parke, Davis & Co.....Cover 1
Eclectic Books	Purdue Frederick Co.....ix
Eclectic Medical College.....iv	Sultan Drug Co.....xi
Ell Lilly & Co.....Cover 2	Westlake Pharmacy
Fellows Co.Cover 4	Van Horn & Cawtell.....viii, ix
Katharmon Chemical Co.....iii	Westlake Hospital

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Table of Contents

	Page
ORIGINAL CONTRIBUTIONS:	
The Treatment of Goiter...H. W. Hunsaker, M. D.	149
Some Points on the Internal Secretions in Obstetrics and Gynecology.....T. C. Young, M. D.	152
Pregnancy Complicated with Typhoid Fever.....J. P. Harvill, M. D.	155
Therapeutic Methods.....Lyman Watkins,	156
EDITORIAL:	
Bubonic Plague.....	162
SELECTIONS:	
Blood Pressure.....	164
New Treatment of Leprosy Apparently Successful..	167
Enuresis	168
Relief to Disabled Men.....	169

INDEX TO ADVERTISERS

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Antiphlogistine, Denver Chem. Co...i	Lloyd Bros.ii
Battle & Co.....vi	Lloyd Bros.ii
Bristol-Myers Co.v	National, Wm. N. Mundy, Editor...xii
Chicago Pharmacal Co.....xi	Od Chemical Co.....xii
Dad Chemical Co.....xii	Peacock Chemical Co.....v
Dickinson Drug Co.....v	Pacific Surgical Mfg. Co.....xiii
John B. Daniel.....iv	Parke, Davis & Co.....Cover 1
Eclectic Books	Purdue Frederick Co.....ix
Eclectic Medical College.....iv	Sultan Drug Co.....xi
Ell Lilly & Co.....Cover 2	Westlake Pharmacy
Fellows Co.Cover 4	Van Horn & Sawtell.....viii, ix
Katharmon Chemical Co.....iii	Westlake Hospital



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